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## (54) OIL AND FAT COMPOSITION

### (57)Abstract:

**PROBLEM TO BE SOLVED:** To obtain an oil and fat composition excellent in thermal stability, exhibiting a body fat accumulation-inhibiting action, an internal organ fat accumulation-inhibiting action, a blood sugar level-lowering action, an insulin resistance-improving action and a lecithin level-lowering action, and useful in medical fields as well as for prophylactic and therapeutic foods of diabetes and obesity and for fodder.

**SOLUTION:** This oil and fat composition comprises 10.1-94.9 wt.% of triglycerides, 0.1-30 wt.% of monoglycerides and 5-59.9 wt.% of diglycerides whose constituent fatty acids comprise 15-90 wt.% of less than 20C ω3-based unsaturated fatty acids.

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## LEGAL STATUS

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